

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

December 2021

(A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	94.10 5kg	4kg	75.28
Cassava Flour	16.57 1kg	6kg	99.41
(Sweet) Potatoes	7.50 1 Kg	4 Kg	30.00
Beans	20.00 1kg	3kg	60.00
Pounded Groundnut	22.04 1kg	1kg	22.04
Soya Pieces	39.65 1 kg	2kg	79.29
Beef	80.00 1kg	2kg	160.00
Chicken	145.00 2kg	5kg	362.50
Kapenta	101.98 1kg	1kg	101.98
Eggs	19.58 1 unit (10 eggs)	3 Trays (90 eggs)	176.25
Milk (Fresh)	12.50 500 ml	10 liters	250.00
Vegetables	493.20 40 Kg	40kg	493.20
Onion	33.82 1 Kg	4 Kg	135.27
Tomatoes	23.26 1 kg	6 kg	139.55
Banana	12.85 1 Kg	16 Kg	205.6
Other Fruits	20.29 1 kg	14 Kg	284.06
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	18.25 1 Kg	1 Kg	18.25
Tea	37.00 250g	250g	37.00
SubTotal			ZMW 3,139.29

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.00 90kg bag(s)	2 90kg bag(s)	240.00
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	18.67 400g	4 400g	74.68
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
Electricity (medium density)	110.00 Month(s)	1 Month(s)	110.00
Water & Sanitation (med - fixed)	140.50 Month(s)	1 Month(s)	140.50
Housing (3 bedroom)	879.50 Month(s)	1 Month(s)	879.50
Sanitary towels	35.00 Pack of 10	1 Pack of 10	52.50
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00

Subtotal **ZMW 1,653.18**

Total for Basic Needs and Nutrition Basket **ZMW 4,792.47**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	333.33	Chibesa-Town	150.00
Grades 8-9 (User + PTA/year)	333.33	Turn off-Town	150.00
School Uniform (Grades 8-12)	666.66		
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	21.16
		Diesel (per litre)	20.15

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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2021-12-31

Chinsali December 2021 Basic Needs and Nutrition Basket Report

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